



## Improving Oral Health in Lochside and Lincluden

### Community Stakeholder Event 17<sup>th</sup> January 2018

#### Event Report



## 1.0 BACKGROUND

An Oral Health Needs Assessment was carried out in the Lochside and Lincluden area. This identified that additional work was needed to support improved Oral Health of the local population and an action plan was developed.

## 2.0 AIM OF THE COMMUNITY STAKEHOLDER EVENT

One of the key elements of the Lochside and Lincluden action plan was to explore how partners and the local community could work together to prevent dental/oral disease. The stakeholder event was intended to bring partners and representatives from the local community together with a view to discussing some of the issues and to agree actions that could support improved oral health..

## 3.0 FORMAT OF THE EVENT

The event was designed to give some background information prior to participants being given the opportunity to discuss the issues and develop possible actions.

The presentations helped to set the scene and included some of the good work currently taking place. The presentations included:

- Setting the Scene – What Causes Poor Oral Health? – Valerie White, Consultant in Dental Public Health
- Current Oral Health work in Lochside and Lincluden - Julie Hunter, Oral Health Manager
- Progress at Lochside Primary School - Carol Maxwell, Principle Teacher & Shona Muir, Dental Health Officer

Please double click below to see the event presentations.



Event  
Presentations.pptx

The attendees then split into workshop groups. Each group were asked to consider 3 questions and develop actions to address the questions. The groups were also asked to identify 3 priority areas. The workshop questions were:

- **How can we reduce the amount and frequency of consumption of sugary food and drink?**

- **How can we raise awareness of the importance of good oral health within the community?**
- **How can we increase people accessing stop smoking services?**

#### 4.0 OUTCOMES FROM THE EVENT

There were some key themes which emerged from the group discussions. These included:

- Having an environment that supports good health,
- The importance of education for all regarding sugar consumption, and healthy eating,
- The vital role schools and services within schools can play in supporting healthy behaviours,
- The culture/society change that is needed to address some of these issues,
- Having access and knowing how to access dental services and smoking cessation services.

It was recognised that there is no magic bullet to improve oral health but there was agreement that together we can take small steps to achieve change. The key areas participants are keen to see taken forward to support change are:

- **Exploring use of social media** – it was recognised that social media can be a powerful tool to educate and inform and suggestions included using social media to raise awareness of dental and oral health through short videos.
- **Health Promoting Schools** – the opportunities to build on the good work taking place in Lochside Primary regarding Healthy Eating Active Living Groups (HEAL) was felt to be key. Reviewing school meal and snack provision to support healthy choices was noted. The importance of policies to support a health promoting culture within the school were also suggested as an area of further development.
- **Supporting Older People to maintain good oral health** – raising awareness of the importance of regular attendance at the dentist as people age was highlighted, as was the importance of educating older people on key oral health messages for children as many are grandparents or great grandparents.
- **Local retailers** – the availability of high sugar content drinks and sweets in local shops was highlighted and working with local businesses to look at ways to tackle this was suggested as an area for development. Clearer labelling of foods and drinks was also highlighted as being needed.

- **Leadership/Role Models** – the opportunity to promote the successes of local people in making behaviour changes i.e. giving up smoking or adopting healthier lifestyles was suggested as a way to build confidence in other. It was also suggested that local sporting stars could help support the giving of healthy lifestyle messages to further build aspiration. It was also recognised if we (i.e. all of us who attended the meeting) want to support a healthier approach to living we all need to act as role models for this.

A full list of workshop notes can be requested from:  
Isla McCormick – [isla.mccormick@nhs.net](mailto:isla.mccormick@nhs.net)

Questions asked at the event

Participants were given the opportunity to write down questions they had during the event. The questions asked and the answers are outlined in **Appendix 2**.

## **5.0 WHAT HAS HAPPENED SINCE THE EVENT?**

Since the event the following work has started:

- **Older People’s Consultative Group**

An opportunity was taken to brief this group on the work in Lochside and Lincluden and to ask them to support raising awareness of oral health with older people through their networks. This will be followed up with representatives who sit on this group.

- **School Meals**

A meeting has taken place with Enterprising DG with a view to developing work in the Lochside and Lincluden area. Meetings have taken place with Education colleagues to discuss how this can be taken forward and it has been agreed that a working group will be established to lead this work.

- **Diet, activity and healthy weight consultation**

A response to the above Scottish Government Consultation was submitted by the Dumfries and Galloway Community Planning Partnership. The response highlighted the importance of a number of areas discussed at the stakeholder event including improved food labelling, tackling price promotion on unhealthy foods, advertising, regulation of food outlets near schools and reformulation of foods. A copy of the response is available on request from Isla McCormick.

## 6.0 WHAT NEXT?

In addition to further progressing the work above. Work is ongoing to look at the following areas:

- Looking at opportunities to use Social Media to promote improved oral health locally
- Expanding the work undertaken in Lochside Primary to other local schools
- Exploring opportunities for Community Engagement

## 7.0 HOW CAN I BE INVOLVED?

During the workshops people put their names against areas they were keen to be involved in taking forward. We will be getting in touch with those individuals to take that offer up.

As outlined at the event we can't do this work alone we need to work together and the enthusiasm to make real changes was very evident during the event. If having read this report you are keen to be involved in progressing any of the areas outlined please do contact Isla McCormick.

## 8.0 FOLLOW UP EVENT

This area of work will be a journey and one that requires sustained effort. We are planning a follow up event on: **Wednesday 30<sup>th</sup> May - 3pm – 5pm at Woodlands House Hotel, Newbridge, Dumfries.** The purpose of the follow up event will be to review actions and progress and plan next steps. Please put this date in your diaries as we hope all those who attending in January will also be able to attend in May.



## Appendix 2 Questions Asked at The Event

### **1. Brushing teeth in Primary School - it was said this takes place very day. Who supervises this? Are children helped to brush correctly?**

The school and nursery toothbrushing programme takes place in most schools and nurseries across Dumfries and Galloway. All schools in Lochside and Lincluden participate. It takes place during the day at a time to suit the school/nursery routine. Each establishment is given a toothbrushing lesson from the Dental Health Officer prior to starting the programme. The programme is supervised by a teacher, older pupil, parent, or classroom assistant – dependant on what works best for the school/nursery. All establishments follow the National Toothbrushing Standards and these are monitored every term by the Oral Health Team. The National Toothbrushing standards are available at: <http://www.child-smile.org.uk/uploads/documents/5040-Toothbrushing%20Standards.pdf>

### **2. The grams of sugar given highlights too much sugar taken. On no food products is it given how many grams of sugar is in the packet of the products. Is there not a time manufacturers should quote in grams rather than % of sugar?**

Labelling on food is a confusing issue and a consistent approach to this across all products would be helpful. This topic was considered in the diet, activity and healthy weight consultation and it was feedback that we need to make labelling clearer for people to support healthy choices.

### **3. Some families are not attending, consequentially not receiving any oral health care – this is not something that has just happened but has gone on a long time. Recognised by the Dental Department as 950 adults not registered. So how are you intending dealing with this?**

Dental registration rates have improved significantly in recent years, and many practices across Dumfries and Galloway are able to register NHS patients. However, we are aware that very young children and older adults are less likely to be registered with a dentist. During the event discussions we highlighted some areas of action; raising awareness of the importance of oral health, ensuring people know how to go about registering with a dentist, and increasing peoples knowledge about exemption from dental charges if on certain benefits. Work has been ongoing with Health Visitors in the Lochside and Lincluden area to support increased registration in the very young age groups.

### **4. Children in Lochside/Lincluden are known to have poorer oral health. What is happening in these areas will not be complete without a dentist in the locality.**

As highlighted at the stakeholder event, dental attendance is only one aspect of oral care. Prevention of dental decay relies on reducing the frequency and consumption of sugary foods and drinks, good oral hygiene and use of fluoride toothpaste. All schools and nurseries in Lochside and Lincluden participate in the supervised toothbrushing programme and fluoride varnish programme. Dental Health Officers also provide 1-1 oral health advice for families through the Childsmile programme. Many practices in Dumfries town accept patients for NHS registration.